



**MAHATMA GANDHI UNIVERSITY**  
*of*  
**MEDICAL SCIENCES & TECHNOLOGY**  
JAIPUR

**VAC 09**

**ADVANCE YOGA  
TRAINING**

**Head Office:**

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**Sponsoring Body: India Education Trust**

(a)

**Mahatma Gandhi Occupational Therapy College, Jaipur**

**Value Added Course: Advance Yoga Training**

**Contact Hours- 20**

**COURSE SYLLABUS**

**Learning outcome**

- Maintaining one's health
- Following a specific routine module for general health

**Unit – I**

- Brief about origin of Yoga
- Definition of Yoga
- Types of Yoga
- Brief about Streams of Yoga
- Importance of Yoga

**Unit – II Pranayama Practices**

- Sectional breathing
- Surya
- Cahndra Anuloma Viloma
- Nadishodhana
- Shitali
- Sitkari
- Sadanta
- Bhramari

**Practical**

**Unit – I Breathing Practices**

- Hands stretch breathing
- Ankle stretch breathing
- Rabbit breathing
- Shashankasana breathing
- Instant Relaxation Technique

**Unit – II Loosening exercises**

- Jogging
- Forward and Backward bending
- Side bending
- Twisting
- Pavanamuktasana Kriya
- Quick relaxation technique

### **Unit – III Yoga Asana**

- Standing Asanas
- Sitting Asanas
- Prone Asanas
- Supine Asanas

### **Unit – IV Surya Namaskara**

**Course Co-ordinator**  
**MGOTC**